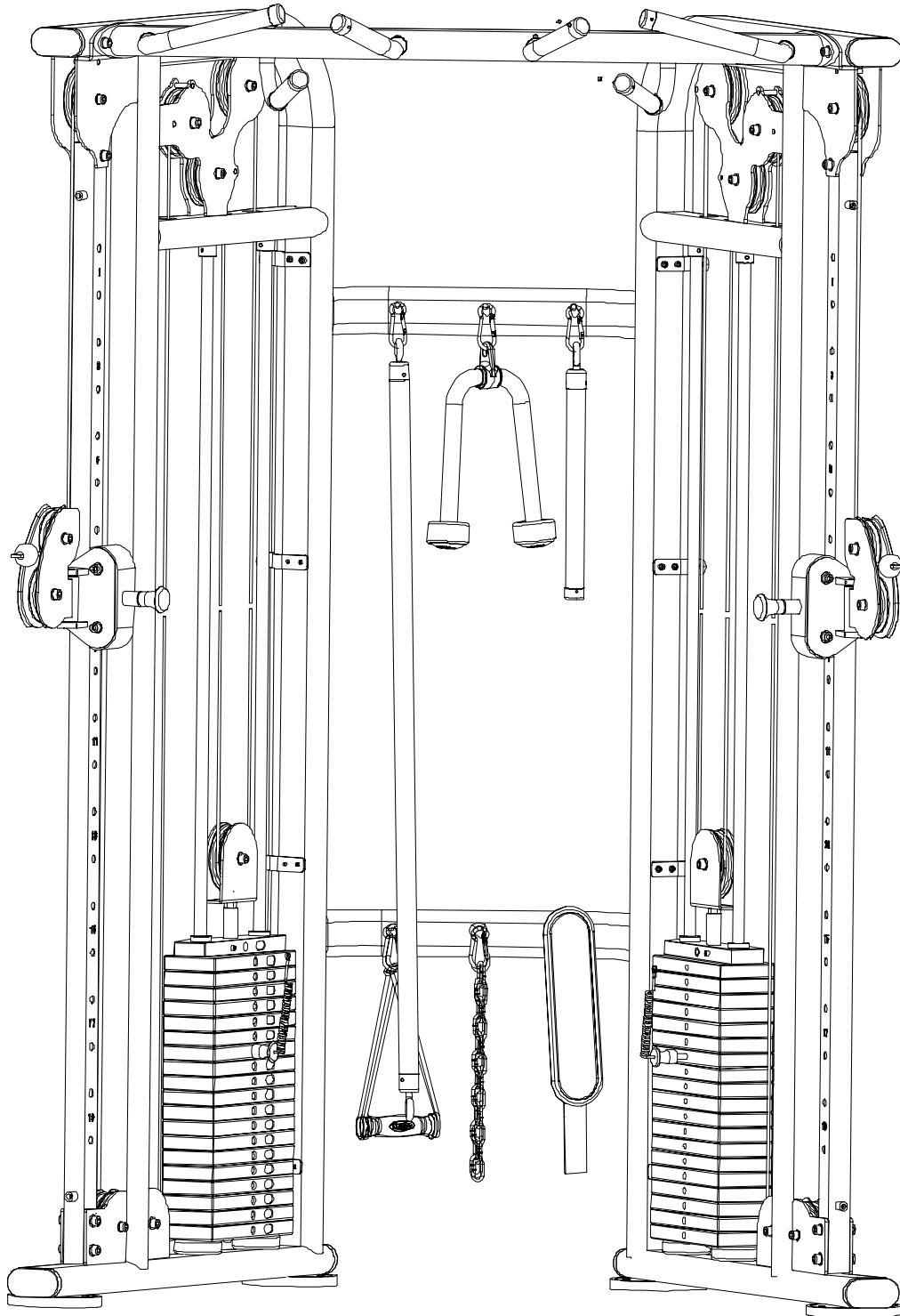
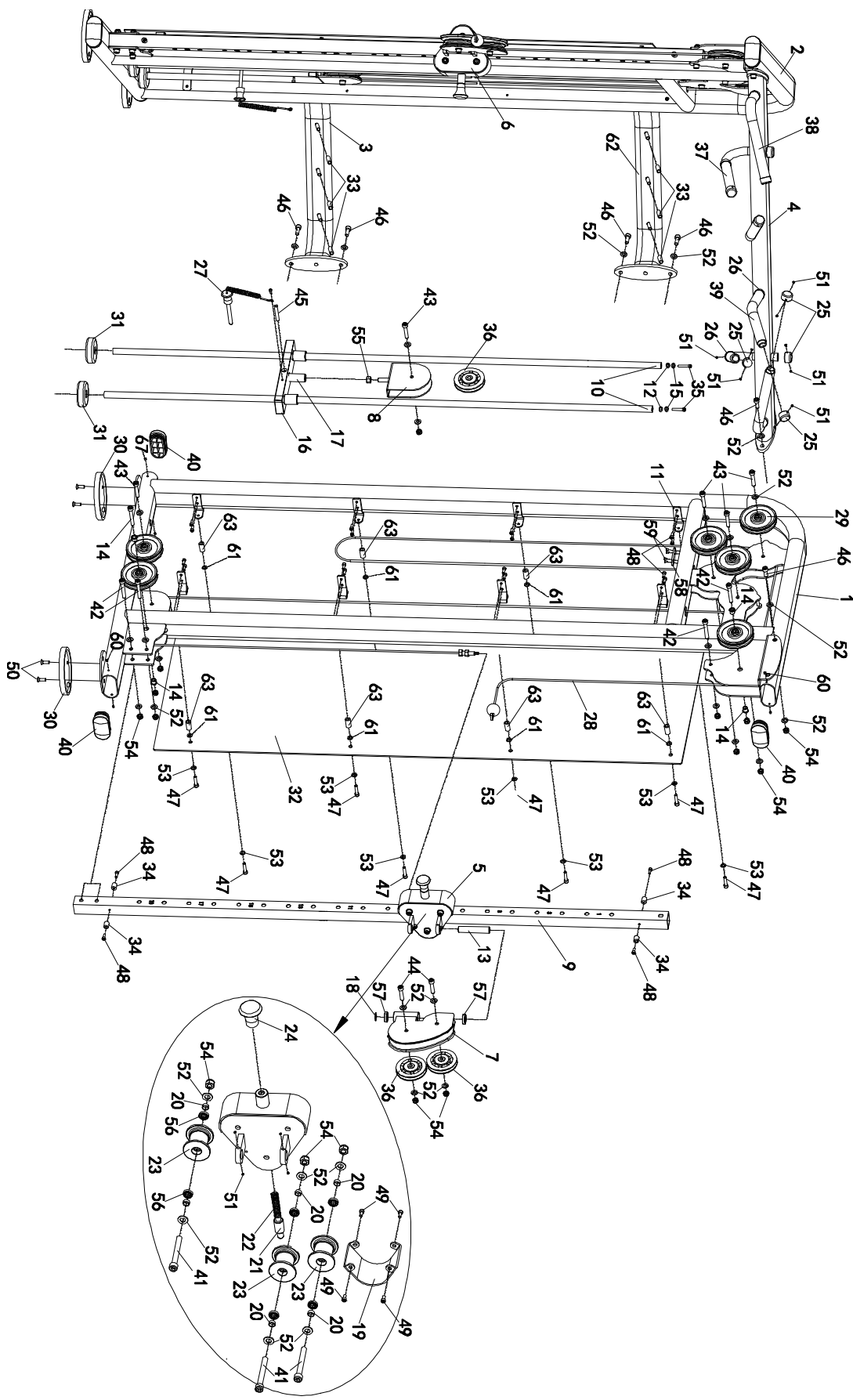


Functional Trainer

Model FPD-68-FT



EXPLODED DRAWING



PARTS LIST

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Left Main Frame	1	33	Hook Cover	6
2	Right Main Frame	1	34	Rubber Bushing	8
3	Cross Frame	1	35	Hex Bolt M8*50	4
4	Upper Cross Frame	1	36	Pulley ϕ 95mm	6
5	Left Sliding Bracket	1	37	Foam Grip 160mm	2
6	Right Sliding Bracket	1	38	Foam Grip 345mm	2
7	Front Wheel bracket	2	39	Foam Grip 295mm	2
8	Middle Wheel Bracket	2	40	Plastic End Cap	6
9	Adjusting Square Tube	2	41	Hex Bolt M10*75	6
10	Guide shaft	4	42	Hex Bolt M10*65	10
11	Cover fixing bracket	16	43	Hex Bolt M10*50	10
12	Washer M8	4	44	Hex Bolt M10*45	4
13	Pivot shaft	2	45	Spring Pin Φ 11X75	2
14	Bush For Wheel	8	46	Hex Bolt M10*25	12
15	Spring Washer M8	4	47	Hex Bolt M8*40	16
16	Upper Weight Plate 198X76X77	2	48	Hex Bolt M6*15	40
17	Selecting Rod Φ 22.2X605	2	49	Hex Bolt M5*10	10
18	Washer for Ball Bearing Φ 25x1	2	50	Hex Bolt M8*20	8
19	Sliding Bracket Cover 107.6X62X3	2	51	Screw M8x20mm	30
20	Bush For sliding Wheel Φ 12.7x5.5	12	52	Flat Washer M10	64
21	Pin Φ 18.2x111	2	53	Flat Washer M8 M8(Φ 8.6* Φ 22*2)	16
22	Spring Φ 14x55	2	54	Lock Nut M10	30
23	Sliding wheel Φ 54x49	6	55	Nut M12	2
24	Knob Φ 45x45	2	56	Ball Bearing 61800	12
25	Metal End cap Φ 33x19	8	57	Ball Bearing 61804	4
26	Ring Φ 33x10	6	58	Flat Washer Cushion 60X50X6	2
27	Magnetic Pin Φ 10x93	2	59	Screw M5*10	8
28	Cable Φ 5x7620	2	60	Screw M6*6	12
29	Pulley ϕ 115mm	12	61	Rubber Bumper Φ 7* Φ 22*3	16
30	Rubber Foot Cap 169X129X16	4	62	Rear Upper Cross Frame	1
31	Bumper Cushion Φ 80X25	4	63	Bush of cover Φ 8.2* Φ 18*25	16
32	Frame Cover 1700X600X4	2			

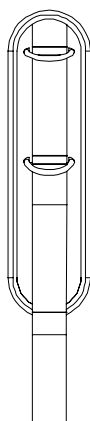
Accessory List



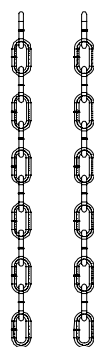
64



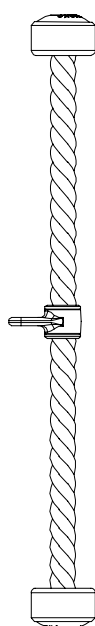
65



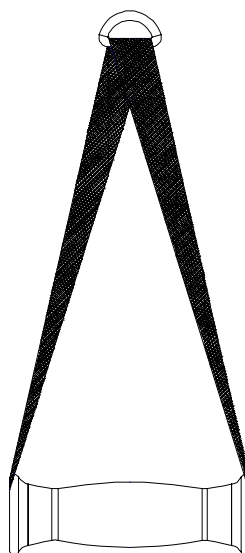
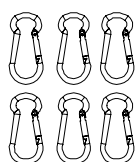
66



67



68



69



Part No.	Description	Q ' ty	Part No.	Description	Q' ty
64	Handlebar	1	68	Chains	2
65	Lifting Rod	1	69	Hand Grip	2
66	Tricep Rope	1	70	Hook	6
67	Ank le Straps	1			

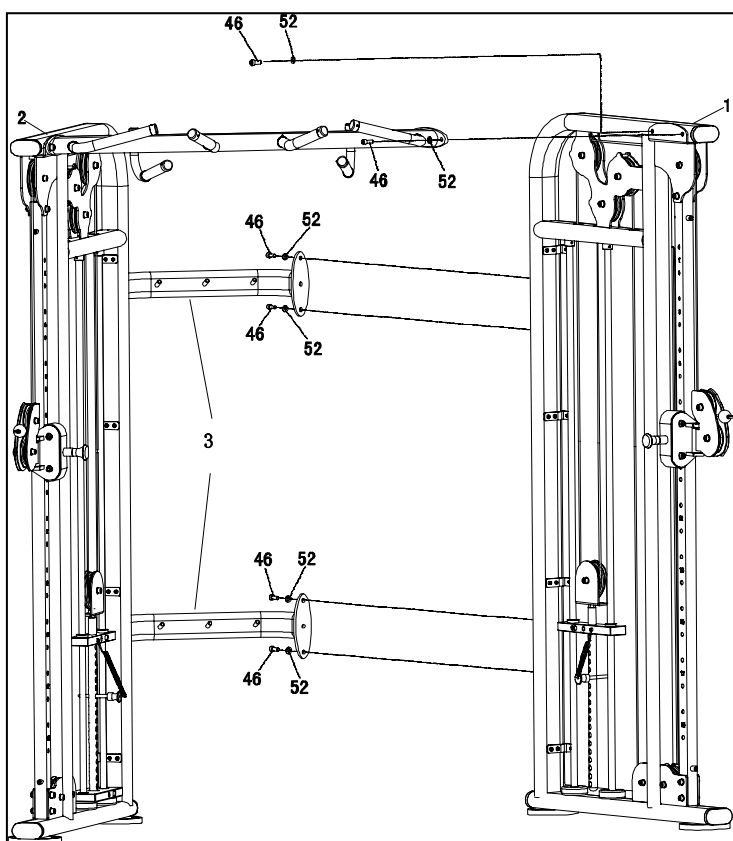
ASSEMBLY STEPS

Step 1.

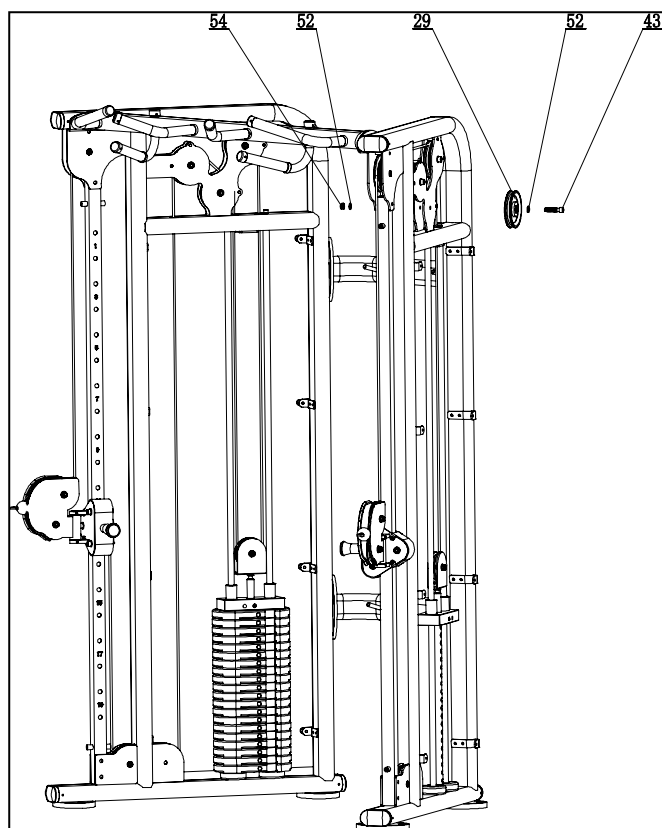
Please attach the Cross Bar (3) to the Left Main Frame (1) and Right Main Frame (2), using 8 Allen Bolts (46) and 8 Flat Washers (52).

Attach the Upper Frame to the Left Main Frame (1) and Right Main Frame (2), using 4 Allen Bolts (46) and 4 Flat Washers (52).

Please make sure to tighten all the bolts.



I



II

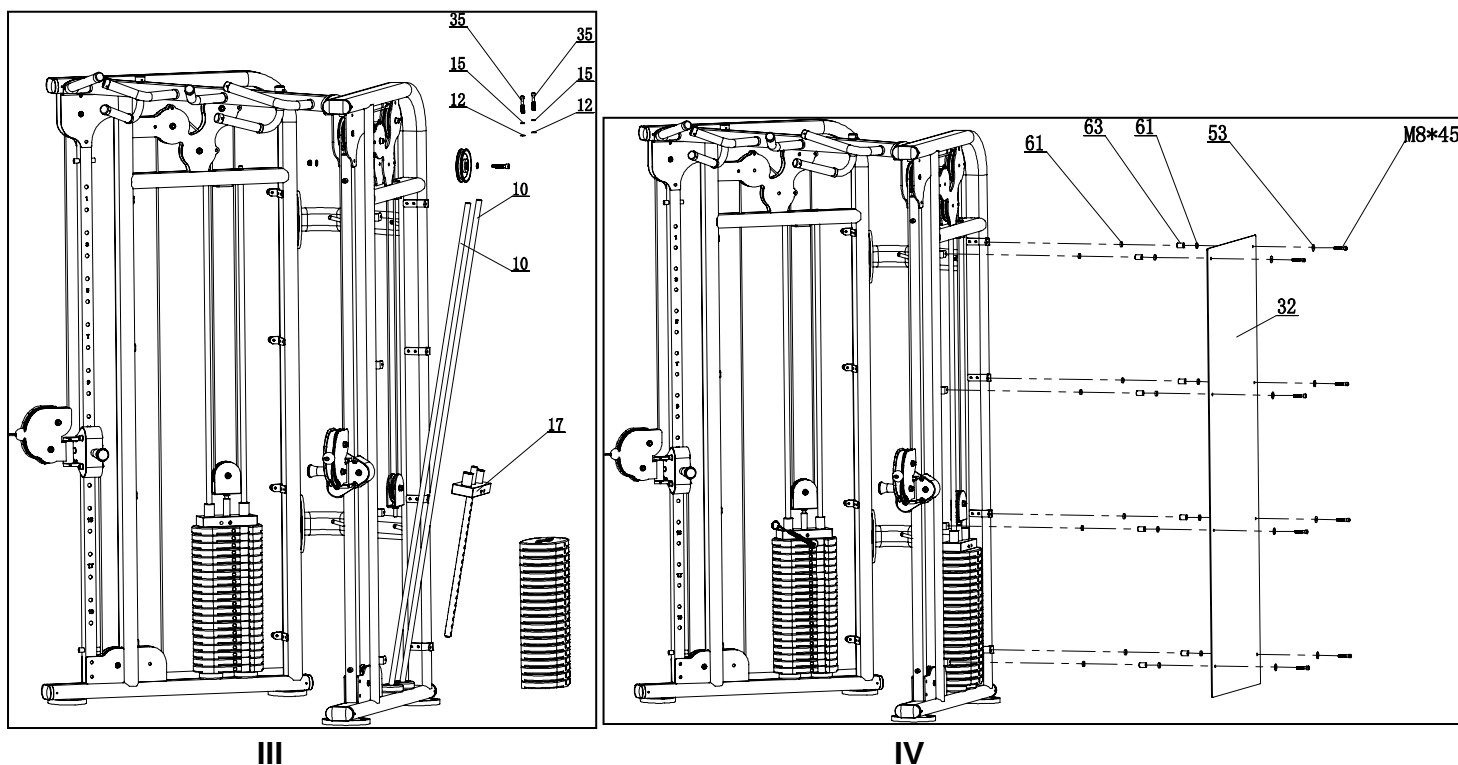
Step 2.

Use the right tools remove the pulley as drawing.

Step 3.

Lean the Guide Shaft (1) inwards, but don't pull out from the frame, put the weight plate on the right place and insert Selecting Rod(17) on the machine.

Assemble the Guide Shaft (1) and Pulley ϕ 115mm(29) in right place as drawing.



Step 4.

Assemble Frame Cover(32) to the Frame as drawing, then use the Bolt M8*45 tighten it.